

101 —
B I S T O
RECIPES



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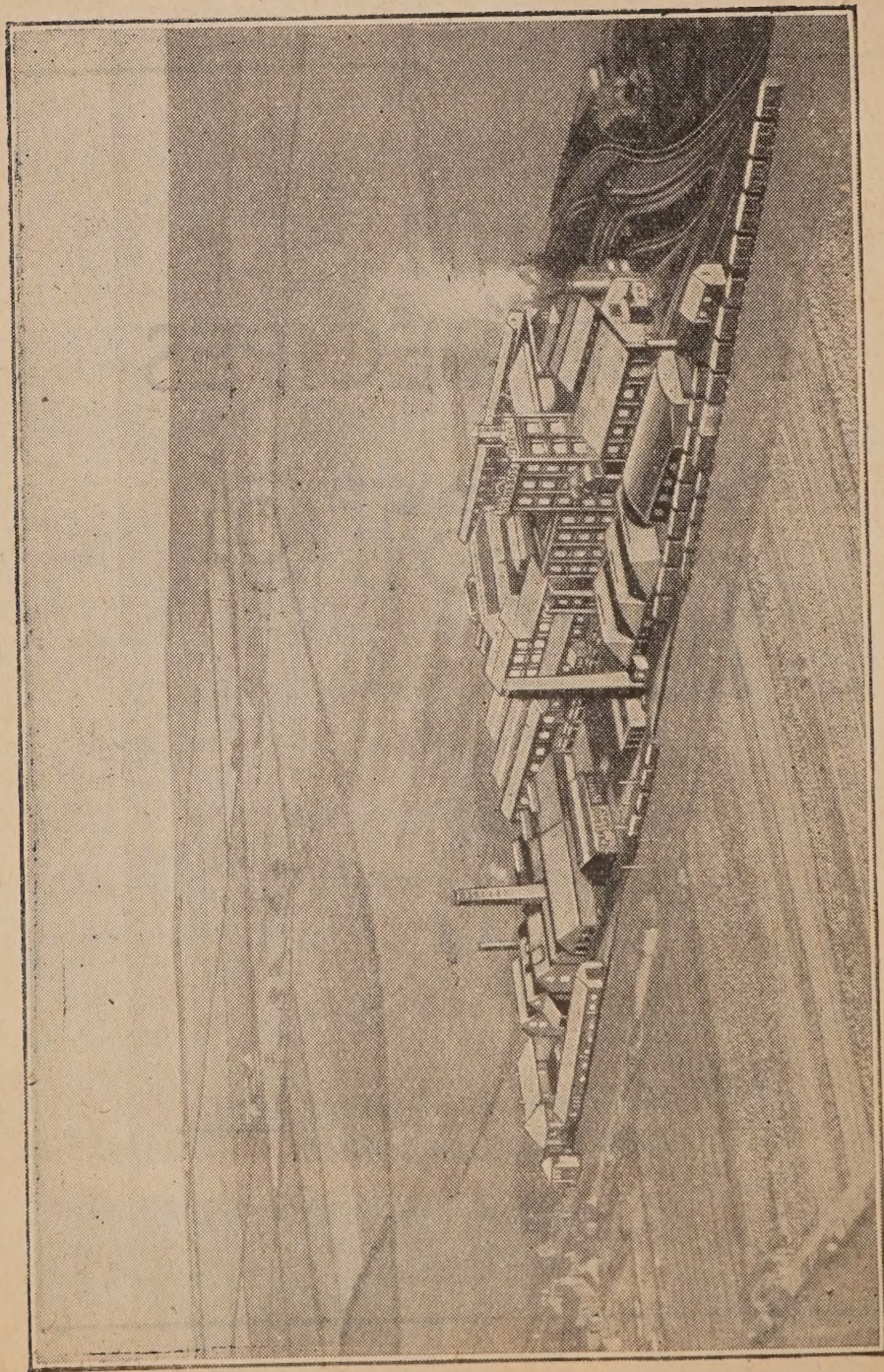
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101
PRIZE RECIPES
FOR

BISTO



*Extracted from the Winning Lists
of the Bisto Competition.*



WHERE BISTO IS PREPARED.

The above illustration is reproduced from an aerial photograph of the Cerebos Works at
Bisto, where Bisto and all other Cerebos Purity Products are prepared.

*Every Day, in some way,
You can find a use for Bisto.*

NOT long ago we ran a competition for Bisto recipes which attracted many thousands of entries. A number of competitors suggested that we should make a selection from the winning recipes and turn them into a book for the benefit of Bisto users throughout the world. This modest effort is the result, and we ask you to accept a copy with our compliments.

Bisto is a fine, dry powder, which makes good gravy without the use of flour, browning, or salt. Some folks restrict its use to the preparation of Gravy, Soups, and Stews, and do not know of the many other ways in which it can help to make better and cheaper meals. Some of the wider uses of Bisto are shown in the following pages. The recipes are simple and straightforward, no unnecessary ingredients are included, and all have been tested by practical housewives.

If you have not yet tried Bisto, we invite you to do so, and are confident that you will not thereafter willingly be without it.

CEREBOS LIMITED

CEREBOS HOUSE,
WILLESDEN, N.W.10.

CEREBOS WORKS,
GREATHAM-BY-THE-SEA.

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NOTE

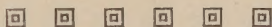
Q The quantity of Bisto mentioned in the following recipes will be found to suit the average taste. A little more or a little less may be used according to individual requirements, without fear of spoiling the dish.

OX-TAIL SOUP

INGREDIENTS

1 *small Ox Tail*
1 *small Carrot*
1 *small Turnip*
1 *teaspoonful Celery Salt*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *teaspoonful Pepper*
 $\frac{3}{4}$ *pints Water*

METHOD—Wash well the oxtail, cut it into short lengths, and place in a saucepan with the celery salt and pepper. Pour over the water, wash, grate and add the carrot, wash and peel thickly the turnip, cut it into slices, add it, and cook all slowly for one hour and a half. Ten minutes before serving moisten the Bisto with water, add it, and serve.



MUTTON SOUP

INGREDIENTS

$\frac{1}{2}$ *lb. Neck of Mutton*
1 *dessertspoonful Bisto*
3 *gills Water*
Salt and Pepper

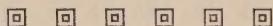
METHOD—Cut the mutton into small pieces, break up the bones, place the whole in a saucepan with the water, salt and pepper. Cook slowly for two hours. Strain the soup into a basin and let it stand over-night. Remove the fat from the top, put the liquid into a saucepan, moisten the Bisto with a little water, and add. Stir until boiling. Boil for five minutes. Serve very hot.

KIDNEY SOUP

INGREDIENTS

$\frac{1}{2}$ lb. Ox Kidney
 $\frac{1}{2}$ lb. Lean Beef
1 oz. Margarine
1 Carrot
1 Turnip
1 Onion
1 teaspoonful Herbs
1 tablespoonful Bisto
1 quart Water

METHOD—Melt the margarine, fry the kidney and beef (cut into small pieces) till slightly brown; remove from the pan. Brown the vegetables, add the Bisto, water, kidney, beef, herbs, and seasoning. Cook for two hours. Take out some of the kidney, rub the remainder through a sieve, re-heat and serve with pieces of kidney in.



LIVER SOUP

INGREDIENTS

$\frac{1}{2}$ lb. Liver
1 large Onion
1 teaspoonful Celery Salt
1 tablespoonful Bisto
1 quart Water
Pepper

METHOD—Wash the liver and place it in a saucepan, peel, chop and scald the onion, put these ingredients into the saucepan with the liver, cover with the water, add the celery salt, and simmer very slowly for one hour. Take out the liver and grate it. Return it to the saucepan, add the Bisto and pepper, and cook very slowly for half-an-hour.

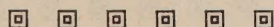
Thickens, Colours and Seasons.

RABBIT BROTH

INGREDIENTS

1 *small Rabbit*
1 *Carrot*
1 *Turnip*
1 *oz. Rice*
1 *tablespoonful Bisto*
Pepper

METHOD—Wash and cut the rabbit into pieces, place in a saucepan, pour over the water, sprinkle over the pepper, and boil for one hour. Take out the joints of rabbit, remove all the meat, return the bones to the saucepan, and cook slowly for one hour longer. Put the rice into a basin, wash it well, pour away the water, cut up the pieces of rabbit and add them. Peel, scald and chop the onion and add this, with the grated carrot and turnip to the contents of the saucepan. Finally add the Bisto, mixed with a little warm water, and boil for half-an-hour. Serve very hot.



SCOTCH BROTH

INGREDIENTS

4 *ozs. Pearl-Barley*
1 *Carrot*
1 *Turnip*
1 *small Cabbage*
1 *small bunch of Leeks*
1 *large Onion*
1 *heaped tablespoonful Bisto*
1 *quart Water*
Salt and Pepper

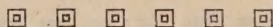
METHOD—Put the water, Bisto and barley into a saucepan, add salt and pepper, and cook very slowly for one hour. Wash and chop the cabbage, turnip, onion and leeks, add them, and cook slowly for one hour longer. Ten minutes before serving, wash and grate the carrot and add it.

CARROT SOUP

INGREDIENTS

2 *large Carrots*
1 *large Potato*
1 *large Onion*
1 *tablespoonful Bisto*
1 *teaspoonful Celery Salt*
1 *quart Water*
Pepper

METHOD—Peel, wash, and scald the onion and chop it finely. Scrape, wash and slice the carrots, wash, peel and slice the potato. Put all into a saucepan, sprinkle over the celery salt and pepper, add the water, and simmer for one hour over a very slow fire. Rub all through a coarse wire sieve into a basin, add the Bisto, mixed with a little warm water, and return to the saucepan. Boil for ten minutes. Serve very hot.



LENTIL SOUP

INGREDIENTS

1 *lb. Lentils*
1 *small Carrot*
1 *large Onion*
2 *ozs. Dripping*
1 *heaped tablespoonful Bisto*
3 *pints Water*
Salt and Pepper

METHOD—Wash the lentils well, put them into a saucepan, pour over the water, add the dripping, and bring these ingredients to boiling point. Peel and scald the onion, chop it finely and add it. Sprinkle in the salt and pepper, moisten the Bisto with tepid water and add it. Cook slowly for one-and-a-half hours. Pass through a coarse wire sieve. Return the soup to the saucepan, boil up, and then serve.

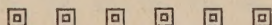
Improves Soups, Stews, Hot-Pots, etc.

HARICOT SOUP

INGREDIENTS

$\frac{1}{2}$ lb. *Haricot Beans*
2 large *Onions*
 $\frac{1}{2}$ teaspoonful *Celery Salt*
 $\frac{1}{2}$ pint *Milk*
1 heaped tablespoonful *Bisto*
1 tablespoonful *Chopped Parsley*
1 quart *Water*
Pepper

METHOD—Soak the beans over-night in water. Drain off the water and put the beans into a saucepan. Peel, scald and slice the onions, and add them. Pour over the water and add the celery salt, pepper and Bisto. Bring to boiling point, and then simmer for two hours. Rub all through a coarse wire sieve and return to the saucepan, together with the milk and parsley. Boil for five minutes and serve.



BROWN SOUP

INGREDIENTS

1 oz. *Margarine*
1 quart of *Stock*
1 *Carrot*
1 *Turnip*
1 *Onion*
1 teaspoonful *Bisto*
Few Peppercorns

METHOD—Melt the margarine in a saucepan, slice the vegetables and fry them; when browned add the stock and the peppercorns. Bring to the boil and simmer for one hour. Put through a sieve, add the Bisto, and serve.

MIXED VEGETABLE SOUP

INGREDIENTS

1 *large Carrot*
1 *small Turnip*
2 *large Potatoes*
1 *large Onion*
 $\frac{1}{2}$ *oz. Fine Oatmeal*
1 *tablespoonful Bisto*
1 *teaspoonful Celery Salt*
Pepper

METHOD—Scrape and wash the carrot, wash and peel thickly the turnip, and cut them into slices. Wash, peel and cut into slices the potatoes ; peel, scald and chop the onion. Put all these ingredients into a saucepan, add the Bisto, celery salt, and pepper, pour over a quart of water, and sprinkle in the oatmeal. Stir until boiling. Cook slowly for one hour. Serve very hot.



TOMATO SOUP

INGREDIENTS

1 *quart tin Tomatoes*
1 *small Carrot*
1 *small Turnip*
1 *small Onion*
1 *tablespoonful Bisto*
1 *pint Water*
Salt and Pepper

METHOD—Wash the carrot, turnip and onion, peel and chop them up roughly. Place them in a saucepan with the celery salt, pepper and water, pour in the tomatoes and cook slowly for one hour and a quarter. Put the Bisto in a basin and smooth down with a little warm water. Rub over them, through a coarse sieve, the other ingredients. Mix well, boil up again, and serve.

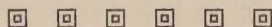
Saves Time and Trouble

RICE SOUP

INGREDIENTS

3 ozs. *Rice*
1 lb. *Bones*
3 *Onions*
1 *tablespoonful Bisto*
3 *pints Water*
Salt and Pepper

METHOD—Wash the bones, put them into a saucepan with the water and pepper, and cook all very slowly for two hours. Strain out the bones and put the liquid into a basin to stand over-night. When ready to complete cooking, turn into a saucepan, first removing the fat from the liquid. Peel, scald and chop the onions, wash and add the rice and Bisto, which should be moistened with a little tepid water, mix together and put the whole into the saucepan. Cook slowly for half-an-hour. Serve very hot.



SEMOLINA SOUP

INGREDIENTS

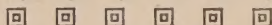
1 oz. *Semolina*
1 *gill Milk*
1 *Egg*
1 *dessertspoonful Bisto*
1 *pint Water*

METHOD—Put the Bisto into a basin, moisten it with a little tepid water, pour over the cold water, sprinkle in the semolina, and mix well together. Pour into a saucepan, and stir over a slow fire until boiling. Simmer gently for twenty minutes, break the egg into the basin, whip it until light, pour in the milk, add the contents of the saucepan, mix well and return to the saucepan. Cook for just two minutes, but do not curdle the egg by allowing it to boil. Serve very hot.

BROWN FISH SOUP INGREDIENTS

1 *lb. Cod*
1 *oz. Margarine*
1 *Leek*
1 *Onion*
1 *Carrot*
1 *tablespoonful Bisto*
1 *quart Water*

METHOD—Wash the cod, boil it in a quart of water for ten minutes, take it out, remove bone and skin, return it to the saucepan and cook for half-an-hour longer. Wash and chop the leek, peel, scald and chop the onion, and wash and grate the carrot. Put the Bisto into a basin, moisten it with a little tepid water, and strain over it the liquid in which the fish has been cooked. Put the margarine in a frying pan, and brown the vegetables in it. Add these to the liquid and simmer slowly for one hour. Ten minutes before serving break up the pieces of cod. Serve very hot.

**LOBSTER SOUP INGREDIENTS**

1 *small tin Lobster*
1 *small Carrot*
1 *small Onion*
1 *tablespoonful Bisto*
1 *quart Water*
Pepper

METHOD—Take the lobster from the tin and break it up into small pieces. Put the liquid from the tin and also the bone into a saucepan and add the water and pepper. Wash and slice the carrot, peel, scald and slice the onion, and add them. Cook slowly for one hour. Mix in a basin the margarine and Bisto, pour over through a strainer the liquid in the saucepan, mix well, return to the saucepan, boil up, and serve.

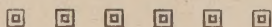
Makes Meat go Further

IRISH STEW

INGREDIENTS

2 lbs. Breast of Mutton
4 lbs. Potatoes
4 large Onions
1 tablespoonful Bisto
1 pint Water
Salt and Pepper

METHOD—Cut the mutton into small pieces, breaking each bone. Place the pieces in a stewpan and add the water, salt, and pepper. Bring quickly to the boil, and skim. Draw the saucepan on one side and simmer for one hour. Peel and scald the onions. Wash, peel and slice the potatoes, sprinkle over the Bisto and add them to the saucepan. Cook for one hour longer.



LANCASHIRE STEW

INGREDIENTS

2 lbs. Stewing Beef
1 tablespoonful Bisto
1 pint Bisto Gravy (page 47)
 $\frac{1}{2}$ gill Vinegar
Salt and Pepper

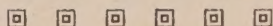
METHOD—Mix thoroughly the Bisto and vinegar. Cut the beef into small pieces, and roll each piece in the mixture. Place them in a saucepan and pour over the Bisto Gravy. Cook over a very slow fire for one hour and a half. Serve very hot.

EGYPTIAN STEW

INGREDIENTS

1 *lb. Lentils*
1 *Turnip (medium size)*
3 *small Onions*
2 *small Carrots*
 $\frac{1}{2}$ *oz. Dried Herbs*
1 *oz. Margarine*
1 *heaped tablespoonful Bisto*
1 *pint Water*
Salt and Pepper

METHOD—Wash the lentils well, put them into a saucepan with the margarine, sprinkle over the Bisto, salt, and pepper, pour over the water and stir until boiling. Sprinkle in the herbs, scrape, grate and add the carrots. Peel the turnip and cut it into slices, peel, scald, and chop the onions, add these ingredients. Cook gently for one hour and a half. Serve very hot.



STEWED SAUSAGES

INGREDIENTS

1 *lb. Sausages*
2 *Spanish Onions (chopped)*
1 *cupful Cooked Rice*
1 *tablespoonful Bisto*

METHOD—Place the sausages in a saucepan and barely cover them with water, add the onions and cook very gently for three-quarters of an hour. Stir in the cooked rice, the Bisto, and cook for ten minutes. Serve very hot.

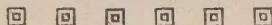
See how it Thickens

BRAZILIAN STEW

INGREDIENTS

1 *lb. Lean Beef*
1 *Carrot*
1 *Onion*
1 *Turnip*
2 *tablespoonfuls Vinegar*
2 *teaspoonfuls Bisto*
Bunch of Herbs

METHOD—Cut the meat into small pieces, sprinkle with the Bisto. Wash and peel the vegetables and cut into small dice. Put them with the meat into a stewpan, add the vinegar, pepper, and herbs. Simmer gently for three hours.



STEWED RABBIT

INGREDIENTS

1 *Rabbit*
1 *oz. Dripping*
1 *teaspoonful Bisto*
2 *Onions*
1 *dessertspoonful Ketchup*
1 *dessertspoonful Vinegar*
1 *pint Water*
Pepper

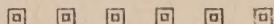
METHOD—Cut the rabbit into pieces and scald with hot water. Melt the dripping, fry the rabbit and also the onions. Add the water and simmer gently for one hour and a half. Add the Bisto, ketchup, vinegar, and boil up.

STEWED SHEEP'S TROTTERS

INGREDIENTS

4 *Sheep's Trotters*
 $\frac{1}{2}$ *pint Milk*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *pint Water*
Salt and Pepper

METHOD—Wash the trotters and stew them in milk and water until the flesh leaves the bones; remove the bones. Mix the Bisto with a little cold milk, add it, and allow the whole to boil for a quarter of an hour. Serve very hot.



EXETER STEW

INGREDIENTS

1 *lb. Skin of Beef*
1 *Onion*
3 *ozs. Clarified Fat*
1 *pint Water or Stock*
1 *heaped tablespoonful Bisto*
 $\frac{1}{2}$ *tablespoonful Vinegar*
Pepper

METHOD—Cut the meat into thick pieces and put them into a stew jar with the vinegar. Fry the onion in the fat until brown, add the Bisto and the water, and boil up. Pour this over the meat and cook for two-and-a-half hours.

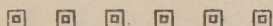
Makes a Good Dish Better

HARICOT MUTTON

INGREDIENTS

1 *lb. Neck of Mutton*
1 *Onion*
1 *Carrot*
1 *pint Stock*
 $\frac{1}{2}$ *Turnip*
1 *heaped tablespoonful Bisto*
Pepper

METHOD—Trim the meat and remove the fat. Melt a little dripping, and fry the meat on both sides quickly, then fry the onion. Put the meat and onion into a saucepan. Prepare the other vegetables, cut into small dice and add them to the saucepan. Sprinkle in the Bisto, add the water, and cook gently for one-and-a-half hours.



JUGGED STEAK

INGREDIENTS

3 *lbs. Steak*
1 *large Onion*
8 *Cloves*
2 *Bay Leaves*
1 *teaspoonful Mixed Herbs*
1 *oz. Bisto*
1 *quart Water*
2 *ozs. Margarine or Dripping*
Pepper

METHOD—Cut the steak into small pieces, sprinkle with Bisto and fry in the margarine or dripping until brown, then remove to a plate, add the rest of the Bisto and water, and boil up. Stick the cloves into the onion, put the bay leaves and herbs into a muslin bag, add these to the saucepan together with the steak, and simmer gently for three hours. Serve on a hot dish with force-meat balls and red-currant jelly.

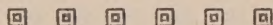
BISTO . . The Gravy Maker

HOT-POT

INGREDIENTS

1 *lb. Shin of Beef or Neck of*
1 *small Carrot (grated)* [*Mutton*
1 *small Turnip (cut into slices)*
1 *large Onion*
1 *teaspoonful Dried Herbs*
1 *lb. Potatoes*
1 *heaped tablespoonful Bisto*
1 *pint Water*

METHOD—Cut the meat into small pieces, place in a stew-jar, and sprinkle over the Bisto. Add the water and stir well together. Put in the vegetables and herbs, and cook the contents in a slow oven for two hours. Serve very hot.



BONED BREAST OF MUTTON

INGREDIENTS

2 *lbs. Breast of Mutton*
4 *ozs. Bisto Force-meat (p. 54)*
 $\frac{1}{2}$ *pint Bisto Stock (page 47)*
3 *ozs. Browned Bread-crumbs*
1 *Lemon*
1 *pint Water*

METHOD—Bone the mutton, place the bones in a stew-pan, pour over the water, and bring it to boiling point. Place the force-meat on the mutton, squeeze over the lemon juice and add the grated rind. Roll up and tie with string, place in the stew-pan and cook very slowly for two hours. Take it from the stew-pan, place it in a tin in the oven, and sprinkle over a little dry Bisto and the bread-crumbs. Bake for twenty minutes. Serve on a very hot dish, boil up the Bisto Stock, and serve.

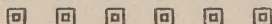
Try it in Meat Puddings

BEEF STEAK PUDDING

INGREDIENTS

1 *lb. Beef Steak*
 $\frac{1}{2}$ *lb. Flour*
 $\frac{1}{4}$ *lb. Suet*
3 *teaspoonfuls Bisto*
1 *small teaspoonful Baking*
 $\frac{1}{2}$ *pint Water* [Powder
Pepper

METHOD—Cut the meat into small pieces, mix the Bisto and pepper on a plate, and dust the pieces of meat with it. Shred and chop the suet finely, mix the flour, suet, salt, and baking powder to a paste, roll out, and line a pudding basin with it. Put in the meat, pour over the water, and cover with the remainder of the dough. Place into boiling water and boil for three hours.



BACON AND SAUSAGE PUDDING

INGREDIENTS

1 *lb. Sausage Meat*
2 *rashers Bacon*
10 *ozs. Flour*
1 *tablespoonful Bisto*
1 *Onion (chopped)*
3 *ozs. Suet (chopped)*
 $\frac{1}{2}$ *teaspoonful Baking Powder*

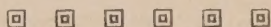
METHOD—Place the suet in a basin with the flour and baking powder, and make into a dough. Roll out the dough and line a greased pudding bowl with it, leaving a small piece for the top. Cut the bacon into small pieces, mix with the sausage meat and onion, and place in the bowl. Mix the Bisto with sufficient warm water to two-thirds fill the basin and pour over. Cover with the smaller piece of dough. Boil for two hours.

STEAK AND KIDNEY PIE

INGREDIENTS

1 $\frac{1}{2}$ lb. Beef
2 Sheep's Kidneys
1 oz. Flour
1 dessertspoonful Bisto
Pepper

METHOD—Mix the flour, Bisto and pepper on a plate. Cut the beef and kidneys into pieces, roll each piece in the mixture on the plate, and place them loosely in a pie-dish. Pour water over until it just covers the meat, cover the dish with pastry, make a hole in the top, and bake in a moderate oven for one-and-a-half hours.



TOAD-IN-THE- HOLE

INGREDIENTS

1 $\frac{1}{2}$ lbs. Steak
 $\frac{1}{2}$ pint Batter
1 heaped tablespoonful Bisto
3 gills Water
Pepper

METHOD—Cut the steak into pieces, roll each piece in a mixture of pepper and Bisto. Place them in a saucepan, pour over the water, sprinkle in the remainder of the pepper and Bisto, and stir all until boiling. Cook gently for one hour and a quarter. Put the pieces of steak into a pie-dish, and pour over the batter. Bake for half-an-hour in a quick oven. Serve very hot.

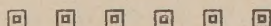
Made in a Moment

BAKED PIG'S HEAD

INGREDIENTS

1 *small Pig's Head*
1 *tablespoonful Bisto*
4 *ozs. Bisto Force-meat (page 54)*
 $\frac{1}{2}$ *pint Bisto Gravy (page 47)*

METHOD—Wash the pig's head, cut in half lengthwise and soak it in cold water overnight. Remove the tongue and brains, chop the brains and add them to the force-meat. Lay the tongue and force-meat over half the head, and cover it with the other half. Tie the halves together with a piece of string, sprinkle over the Bisto and bake in a moderate oven for one-and-a-half hours. Place on a hot dish, remove the string and pour over the Bisto Gravy, which must be quite boiling. Serve very hot.



KIDNEYS AND MUSHROOMS

INGREDIENTS

4 *Sheep's Kidneys*
4 *ozs. Mushrooms*
1 *small Onion (chopped)*
1 *tablespoonful chopped Parsley*
1 *oz. Margarine*
1 *tablespoonful Bisto*
1 *pint Bisto Stock (page 47)*
Salt and Pepper

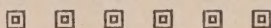
METHOD—Cut each of the kidneys into four pieces. Melt the margarine in a frying pan, and brown the onion in it. Add the pieces of kidney, brown them also, and sprinkle in the Bisto. Peel and chop the mushrooms, and add them with the salt, pepper and parsley. Pour over the Bisto Stock and simmer very slowly for half-an-hour, stirring frequently. Serve with a border of rice or macaroni. Serve very hot.

KIDNEY OMELETTE

INGREDIENTS

1 *Sheep's Kidney*
 $\frac{1}{2}$ oz. *Cold Ham*
 $\frac{3}{4}$ Eggs
1 oz. *Margarine*
1 *tablespoonful Bisto*
Salt and Pepper

METHOD—Place the kidney with the margarine in a frying pan, and fry for five minutes, turning it occasionally. Put it on a board and chop very finely. Turn into a basin, add the Bisto, salt and pepper, drop in the yolks of the eggs, and mix well. Whip the whites of the eggs, mix them in lightly, pour the mixture into the frying pan and leave it on the top of the stove for one minute. Place the frying pan in the oven and cook for five minutes. Turn the omelette out on a dish, fold over and serve very hot.



VEAL AND HAM CUTLETS

INGREDIENTS

6 ozs. *Cold Veal*
2 ozs. *Ham*
4 ozs. *Mashed Potatoes*
1 Egg
4 ozs. *Bread-crumbs*
1 *heaped tablespoonful Bisto*
Salt and Pepper

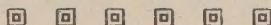
METHOD—Rub the potatoes into a basin through a coarse wire sieve; add salt and pepper. Run the veal and ham through a mincer, add them to the potatoes, and mix well. Moisten the Bisto with a very small quantity of tepid water, add it to the other ingredients, and again mix well. Place the mixture on a floured board and form into eight or ten cutlets. Dip each cutlet into the egg and then into the bread-crumbs. Fry in hot fat. Serve with Bisto Gravy (page 47).

For all Meat Dishes

COLLOPS OF BEEF INGREDIENTS

1 *lb. Lean Beef*
1 *oz. Margarine*
1 *small Onion*
1 *gill Bisto Stock* (page 47)
1 *dessertspoonful Bisto*
 $\frac{1}{2}$ *pint Water*
Pepper

METHOD—Chop the beef very small. Place the margarine into a frying pan and brown the onion in it, add the Bisto and the water and stir all until boiling. Add the meat and Bisto Stock and also the pepper. Cook very gently for forty minutes. Serve very hot.



LIVER ROLY-POLY INGREDIENTS

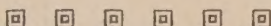
1 *lb. Liver*
 $\frac{1}{2}$ *lb. Bread-crumbs*
2 *ozs. Bacon*
1 *teaspoonful Dried Herbs*
1 *tablespoonful chopped Parsley*
1 *chopped Onion*
1 *tablespoonful Bisto*
1 *gill Milk*

METHOD—Run the liver and bacon through the mincer; place in a basin with the Bisto, and add the onion, herbs, and parsley. Moisten with the milk, and place the mixture in a pudding cloth, which has been scalded in boiling water and dusted with flour. Tie into a roll and boil for two hours in water which has a little salt in it. Serve very hot.

SHEEP'S TONGUES**INGREDIENTS**

4 *Sheep's Tongues*
4 ozs. *Bread-crumbs*
2 ozs. *Margarine*
2 ozs. *Grated Cheese*
 $\frac{1}{4}$ lb. *chopped Mushrooms*
1 *tablespoonful chopped Parsley*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *pint Bisto Gravy (page 47)*

METHOD—Place the bread-crumbs, Bisto, cheese, parsley, and mushrooms on a flat dish, sprinkle over the pepper and mix well. Skin the tongues and cut them in halves, lengthwise. Place them and the mixture on the dish in alternate layers in a pie-dish. Melt and pour over the margarine and the Bisto Gravy. Bake in a hot oven for twenty minutes. Serve very hot.

**CURRIED
SWEETBREADS****INGREDIENTS**

1 *pair of Sweetbreads*
1 *Onion (chopped)*
2 ozs. *Margarine*
1 *Lemon*
1 *teaspoonful Sugar*
2 ozs. *Rice*
 $\frac{1}{2}$ oz. *Curry Powder*
1 *tablespoonful Bisto*
Salt

METHOD—Soak the sweetbreads overnight, pour away the water, cut the sweetbreads into slices and roll them in the Bisto. Melt the margarine in a frying pan, brown the onion in it, add the curry powder and pour over the gravy. Stir the mixture until boiling, place it in a stew-pan with the sweetbreads, and stew very slowly for one hour. Add the lemon juice and sugar. Serve very hot, with a border of rice.

Try it in Meat Pasties

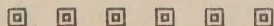
CORNISH PASTIES

INGREDIENTS

(for making 8 Pasties.)

1 *lb. Beef*
1 *lb. Potatoes*
1 *Onion*
 $\frac{1}{2}$ *teaspoonful Baking Powder*
6 *ozs. Lard*
1 *tablespoonful Bisto*
 $\frac{3}{4}$ *lb. Flour*
Salt and Pepper

METHOD—Cut the meat and potatoes into small pieces, dust the meat with the Bisto, chop the onion finely, add salt and pepper, sprinkle with water, and mix all well together. Mix the flour, salt and baking powder, rub in the lard, and make a stiff paste with water. Divide the pastry into eight pieces, roll each piece into a round, put some of the mixture on each round, moisten the edges, and join them up. Bake in a moderate oven for three-quarters of an hour.



RABBIT PATTIES

INGREDIENTS

Pieces of cold Rabbit
1 *oz. Flour*
1 *oz. Margarine*
1 *gill Milk*
1 *teaspoonful Bisto*
Pepper and Mace

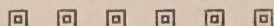
METHOD—Make a mixture of the flour, margarine and milk, and cook until smooth. Add the Bisto dissolved in a little milk, add pepper and mace, and the pieces of rabbit finely minced. Line some little patty tins with short crust pastry, fill with the mixture, and put a lid of pastry on each. Bake in a quick oven.

GALANTINE OF BEEF

INGREDIENTS

1 *lb. Beef*
 $\frac{1}{2}$ *lb. Bacon*
6 *ozs. Bread-crumbs*
1 *Egg*
1 *dessertspoonful Bisto*
 $\frac{1}{2}$ *teaspoonful Pepper*

METHOD—Run the beef and bacon twice through a mincer, place in a basin, sprinkle in the Bisto and add the bread-crumbs and pepper. Mix all well, drop in the egg and again mix well. Make these ingredients into a roll, using a little flour to prevent it sticking to the fingers. Tie the roll into a well-greased pudding cloth. Boil for two hours. Place the roll between two plates, put a weight on the top, and allow it to stand overnight. Glaze with Bisto Glaze (page 55).



POTTED BEEF

INGREDIENTS

1 *lb. Beef*
3 *ozs. Margarine*
 $\frac{1}{2}$ *oz. Dried Herbs*
1 *tablespoonful Bisto*
Pinch of Cayenne
Salt and Pepper

METHOD—Rub the herbs through a coarse wire sieve, put them into a jar with the Bisto, cut the beef into small pieces, add them, and also the salt and pepper. Put in the margarine and cayenne, place the jar in a pan of boiling water, and boil for four hours. Take out the meat, run it twice through a mincer, place it in small jars, and with the back of a wooden spoon press the mixture well in. Pour over the liquid in the saucepan, and when quite cold, pour a little melted margarine over the contents of each jar. Keep in a cool place until wanted.

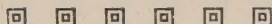
Makes the Meal

HASHED MUTTON

INGREDIENTS

1 *lb. cold Mutton*
1½ *lbs. Mashed Potatoes*
1 *oz. Margarine*
½ *oz. Flour*
½ *pint Milk*
2 *ozs. Bread-crumbs*
1 *tablespoonful Bisto*
Salt and Pepper

METHOD—Cut the mutton into small pieces, mix the Bisto with it, and put into a pie-dish. Melt in a saucepan the margarine, mix in the flour, add the milk, stir until boiling, and pour the mixture over the mutton. Smooth with a knife and sprinkle over the bread-crumbs. Bake for thirty minutes in a moderate oven.



BEEF HASH

INGREDIENTS

½ *lb. cold Beef (minced)*
2 *ozs. Margarine*
1 *oz. Flour*
1 *Onion (chopped)*
2 *ozs. Rice*
1 *heaped tablespoonful Bisto*
½ *pint Bisto Stock (page 47)*
Salt and Pepper

METHOD—Place the margarine in a frying pan, brown the onion in it, stir in the flour and Bisto, and add the Bisto Stock, salt, and pepper. Stir until boiling and add the cold beef. Cook slowly for ten minutes, stirring frequently. Serve with a border of boiled rice or on toast.

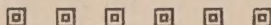
Every Day, in Some Way

SHEPHERD'S PIE

INGREDIENTS

1 *lb. cold Meat*
2 *lbs. Potatoes*
1 *Onion*
1 *teaspoonful Bisto*
 $\frac{1}{2}$ *pint Water*
Pepper

METHOD—Mince the meat, cut the onion into small pieces, and mash the potatoes. Put the meat and onion into a pie-dish and sprinkle with pepper. Dissolve the Bisto in the water, add it, and mix well together. Cover the whole with the potatoes, and bake until nearly brown.



SAVOURY PIE

INGREDIENTS

$\frac{1}{2}$ *lb. cold Meat*
 $\frac{1}{2}$ *lb. Onions*
 $\frac{1}{2}$ *lb. Tomatoes*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *teaspoonful Celery Salt*
Pepper

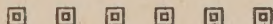
METHOD—Chop the cold meat, peel and chop the onions and slice the tomatoes. Place alternate layers of these ingredients in a pie-dish and sprinkle over the celery salt and pepper. Mix the Bisto in half-a-pint of hot water, and pour it over. Cover the dish with a short pastry, and bake in a moderate oven for three-quarters of an hour. Serve hot or cold.

LAMB PATTIES

INGREDIENTS

1 lb. cold Lamb
2 ozs. Mushrooms
1 teacupful Bisto Stock (page 47)
Short Pastry

METHOD—Wash and chop the mushrooms and put them into a stewpan with a sprinkling of dry Bisto. Add the stock and the meat, which should be cut into cubes. Bring to the boil and then simmer gently for five minutes. Set aside to cool. Line some patty tins with short pastry, fill them with the mixture, cover with pastry. Make a hole in the top and bake in a moderate oven.



COLD MEAT FRITTERS

INGREDIENTS

4 ozs. cold Meat
 $\frac{1}{2}$ pint Bisto Batter (page 54)
1 tablespoonful chopped Parsley

METHOD—Mince the meat very finely, put it into a basin, add the parsley and mix all well. Pour over the batter and again mix well. Drop spoonfuls of this mixture into hot fat, and fry for three minutes. Serve very hot.

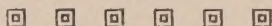
BISTO . . The Gravy Maker

BUBBLE AND SQUEAK

INGREDIENTS

Cold Meat
1 small Cabbage
1 lb. cold Potatoes
1 tablespoonful Bisto
Any other cold Vegetables
Pepper

METHOD—Cut the meat into pieces, roll each piece in the Bisto, sprinkle with pepper, and fry. Turn out on to a hot dish, then fry the vegetables until brown, and serve round the meat.



NOVELTY RISSOLES

INGREDIENTS

Cooked Beef
1 tablespoonful Bisto
2 ozs. Bread-crumbs
1 Egg
A little Milk
Pepper

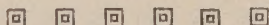
METHOD—Finely mince a little cooked beef, sprinkle over the Bisto and pepper, and moisten with milk. Spread on a dish, and when firm divide into balls. Dip them in the egg and bread-crumbs, and fry in hot fat. Garnish with parsley.

COLD MEAT CAKE

INGREDIENTS

12 ozs. *cold Meat*
12 ozs. *Bread-crumbs*
1 *small chopped Onion*
1 *heaped tablespoonful Bisto*
 $\frac{1}{2}$ *tablespoonful chopped Parsley*
 $\frac{1}{2}$ *pint Bisto Stock (page 47)*

METHOD—Run the meat twice through a mincer, put the mince and bread-crumbs into a basin, sprinkle over the parsley and chopped onion, and mix in the Bisto. Moisten with the Bisto Stock and stir well together. Press the mixture into a greased cake tin. Bake in a moderate oven for three-quarters of an hour. Turn out and serve cold.



DOUGH NUTS

INGREDIENTS

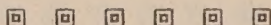
$\frac{1}{2}$ ozs. *cold Meat*
1 oz. *Ham*
6 ozs. *Flour*
2 ozs. *Margarine*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *teaspoonful Baking Powder*
Salt and Pepper

METHOD—Mix the Bisto with a couple of tablespoonfuls of tepid water. Chop and add the ham and meat, mix well, and roll the mixture into balls. Place in a basin the flour and margarine, rub them together, add the baking powder, and form the mixture into a dough with cold water. Divide it into eight balls, make a large hole in each and put the balls of meat in. Draw the dough over and fry the balls in hot fat.

SOUSED HERRINGS **INGREDIENTS**

6 *Herrings*
2 *ozs. Margarine*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *pint Vinegar*
15 *Peppercorns*

METHOD—Split the herrings open, remove the bone, and roll each one up. Place them in a greased pie-dish, sprinkle over the Bisto and also the peppercorns. Pour over the vinegar and melt and pour over the margarine. Bake in a moderate oven for three-quarters of an hour. Serve cold.



STUFFED HERRINGS

INGREDIENTS

4 *Herrings*
4 *ozs. Bread-crumbs*
1 *tablespoonful Bisto*
1 *oz. Margarine*
4 *tablespoonfuls Vinegar*

METHOD—Mix the Bisto and bread-crumbs together, rub in the margarine, sprinkle in the parsley, mix all well together, and season with salt and pepper. Wash and bone the herrings. Place on one of the herrings the other ingredients and cover it with another herring. Pour over the vinegar and bake in a quick oven for twenty minutes. Serve hot or cold.

Excellent with Fish

BOILED MACKEREL

INGREDIENTS

2 *Mackerel*
2 *ozs. Margarine*
1 *teaspoonful Mixed Herbs*
1 *tablespoonful Bisto*
1 *tablespoonful Vinegar*
Salt and Pepper

METHOD—Place the margarine, Bisto, salt, pepper and herbs in a basin, and with the back of a wooden spoon beat them to a cream. Add the vinegar. Split open the mackerel and spread in an equal quantity of the mixture in the basin. Grill for four minutes on each side. Serve very hot.



BAKED COD

INGREDIENTS

2 *slices Cod*
2 *ozs. Margarine*
1 *tablespoonful chopped Parsley*
2 *ozs. grated Cheese*
2 *ozs. Bread-crumbs*
1 *heaped tablespoonful Bisto*
Salt and Pepper

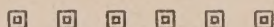
METHOD—Place the cod in a baking tin. Sprinkle over the cheese, bread-crumbs, Bisto, and parsley. Melt the margarine, pour it over and bake for half-an-hour. Baste it occasionally with the liquid which drains from it. Serve hot or cold.

SCALLOPED COD

INGREDIENTS

1 *lb. cold Cod*
1 *oz. Margarine*
4 *ozs. Bread-crumbs*
1 *teaspoonful Anchovy Sauce*
1 *tablespoonful chopped Parsley*
1 *tablespoonful Bisto*
1 *gill tepid Water*

METHOD—Grease a pie-dish, put into it alternate layers of cod—from which the bone and skin have been removed—and bread-crumbs. Leave a layer of bread-crumbs for the top. Sprinkle over the parsley. Moisten the Bisto with the water and pour it over. Melt the margarine, mix with it the anchovy sauce, and pour the mixture over. Bake in a slow oven for half-an-hour.



BAKED HADDOCK

INGREDIENTS

1 *lb. fresh Haddock*
2 *slices Bread*
2 *tablespoonfuls Milk*
1 *tablespoonful chopped Suet*
1 *teaspoonful Parsley*
 $\frac{1}{2}$ *teaspoonful Herbs*
2 *ozs. Dripping*
1 *tablespoonful Bisto*
Browned Bread-crumbs

METHOD—Scale, trim, wash and dry the fish. Break the bread up very small and soak it in the milk. Chop the parsley and herbs, add these together with the suet and pepper to the bread, and mix well. Put the stuffing into the fish, sew it up, and sprinkle over the Bisto. Put the tail through the eyeholes, brush over with milk and sprinkle with the bread-crumbs. Melt the dripping in a tin, put in the fish and bake for twenty or thirty minutes.

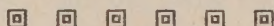
Makes the Dish "just Perfect"

FISH PIE

INGREDIENTS

$\frac{1}{2}$ lb. cold Fish or tinned Fish
1 lb. Mashed Potatoes
2 ozs. Margarine
1 heaped tablespoonful Bisto
1 gill Milk
Salt and Pepper

METHOD—Remove the bone and skin from the fish, place a layer of the fish in a pie-dish, and melt and pour over the margarine. Sprinkle over half the Bisto and a pinch of pepper. Stir the milk and potatoes well together, pile them upon the fish and smooth with a knife. Sprinkle over the remainder of the Bisto and bake in a rather quick oven for half-an-hour. Serve hot.



FISH CURRY

INGREDIENTS

1 lb. White Fish
1 oz. Margarine
1 oz. Curry Powder
3 ozs. Rice
1 small Onion (chopped)
1 tablespoonful Bisto
1 tablespoonful Vinegar
 $\frac{1}{2}$ pint Water

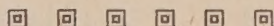
METHOD—Place the fish in a saucepan, pour over the water, and boil for ten minutes. Remove the bone and skin, and divide the fish into small pieces. Rinse out the saucepan, melt in it the margarine, and stir in the Bisto, onion, and curry powder. Strain over the liquid in which the fish was boiled and add the fish and the vinegar. Simmer for half-an-hour. Serve with boiled rice.

FISH CAKES

INGREDIENTS

1 *lb. cold Fish*
 $\frac{1}{2}$ *lb. cold Potatoes*
1 *Egg*
2 *dessertspoonfuls cold Sauce*
1 *oz. Margarine*
Bread-crumbs
2 *teaspoonfuls Parsley*
1 *teaspoonful Bisto*
Salt and Pepper

METHOD—Remove all skin and bones from the fish, and chop it in pieces. Put the potatoes through a sieve. Melt the margarine in a pan and stir in the fish, potatoes, parsley, Bisto and sauce. When thoroughly mixed turn out on to a plate, and cut into equal portions. Make each portion into a round cake, coat with egg and bread-crumbs. Fry in hot fat and drain on paper. Garnish with parsley. Serve hot.



STEAMED FISH PUDDING

INGREDIENTS

1 *lb. cold Cooked Fish*
4 *ozs. Bread-crumbs*
3 *ozs. Margarine*
1 *Egg*
1 *gill Milk*
1 *heaped tablespoonful Bisto*
1 *tablespoonful chopped Parsley*
Pepper

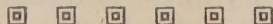
METHOD—Place the bread-crumbs in a basin, rub into them the margarine, and add a little pepper. In a separate basin beat the egg to a light froth and add the Bisto and milk. Next add the parsley and the fish, broken into small pieces, and again mix well. Put the mixture into a greased basin and steam for one hour.

DEVILLED CRAB

INGREDIENTS

1 Crab
2 ozs. *Margarine*
3 ozs. *browned Bread-crumbs*
1 *tablespoonful Bisto*
Pepper. Dash of Cayenne

METHOD—Remove the meat from the body and claws of the crab. Sprinkle over the Bisto, pepper, cayenne, and half of the bread-crumbs. Place this mixture in the shell of the crab, melt and pour over the margarine, and sprinkle over the remainder of the bread-crumbs. Bake in a moderate oven for ten minutes. Serve hot or cold.



KEDGEREE

INGREDIENTS

1 lb. *Smoked Haddock*
4 ozs. *Rice*
2 ozs. *Margarine*
1 *heaped tablespoonful Bisto*
2 *Eggs (hard boiled)*
 $\frac{1}{2}$ *pint Milk*
Pepper

METHOD—Place the haddock in a frying pan, cover it with water and cook for ten minutes. Remove the bone and skin and divide the fish into small pieces. Boil the rice in plenty of water for fifteen minutes, drain away every drop of water, add the fish, Bisto and milk, and sprinkle over a pinch of pepper. Stir all until boiling, cook for ten minutes slowly ; just before serving chop and add the eggs.

STUFFED ONIONS

INGREDIENTS

4 *Spanish Onions*
4 *ozs. cold Meat*
1 *oz. grated Cheese*
1 *oz. Margarine*
1 *tablespoonful Bisto*
3 *gills Bisto Gravy (page 47)*
Pepper

METHOD—Place the onions in boiling water and boil them for half-an-hour. Take them from the water and draw out the centres with a fork from the root end. Place the centres on a board and chop them finely, then put them in a basin, with the Bisto, cheese, and a little pepper. Run the meat through the mincer, add it, and mix all very thoroughly. Fill the centres of the onions with this mixture, and place on the top of each an equal quantity of the margarine. Bake in a hot oven for half-an-hour, basting frequently. Place the onions on a hot dish, boil the Bisto Gravy and pour it round.

SAVOURY
PUDDING

INGREDIENTS

8 *ozs. Bread-crumbs*
1 *large Onion (chopped)*
1 *teaspoonful Sage (powdered)*
 $\frac{1}{2}$ *pint Milk*
1 *Egg (beaten)*
1 *heaped tablespoonful Bisto*
1 *tablespoonful chopped parsley*
pepper

METHOD—Mix together the bread-crumbs, onion, parsley, sage, and a little pepper. Place the Bisto and milk in a saucepan; bring to boiling point and pour over the beaten egg. Pour this mixture over the bread-crumbs and bake in a gentle oven for half-an-hour.

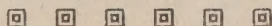
Try it in Vegetarian Dishes

POTATO SAVOURY

INGREDIENTS

2 *lbs. Potatoes*
2 *large Onions*
1 *heaped tablespoonful Bisto*
2 *teaspoonfuls Dried Herbs*
1 *gill of Milk (hot)*
Salt and Pepper

METHOD—Boil the potatoes and rub them through a coarse wire sieve into a basin. Peel, scald and chop the onions, add them, also the salt and pepper. Sprinkle in the herbs, moisten the Bisto with the milk, add it, and stir all well together. Grease a pudding cloth, place the mixture in the centre, and tie it up tightly. Boil for two hours in slightly salted water. Serve very hot.



POTATO BALLS

INGREDIENTS

1 *lb. Mashed Potatoes*
1 *Egg*
1 *tablespoonful Bisto*
2 *ozs. Bread-crumbs*

METHOD—Rub the potatoes into a basin through a coarse wire sieve. Place the Bisto in a basin, add to it the egg and beat them well together, add the potatoes and mix thoroughly. Form into balls, roll the balls in the egg and bread-crumbs. Fry in hot fat.

CRUMBED POTATOES

INGREDIENTS

1 *lb.* boiled Potatoes
4 *ozs.* Bread-crumbs
2 *ozs.* Margarine or Nut Butter
1 *oz.* grated Cheese
1 *tablespoonful* Bisto

METHOD—Cut the potatoes in halves and lay them in a greased tin with the round sides uppermost. Sprinkle over the Bisto and cheese. Add the bread-crumbs melt and pour over the margarine. Bake in a moderate oven for twenty minutes. Serve very hot.



RICE SAVOURY

INGREDIENTS

4 *ozs.* Rice
1 *oz.* grated Cheese
1 *oz.* Margarine or Nut Butter
1 *small* Onion (chopped finely)
1 *dessertspoonful* Bisto
 $\frac{1}{2}$ *pint* Milk

METHOD—Wash the rice well in cold water. Place it in a saucepan, cover with water and boil for twenty minutes. Strain away the water and put the rice in a pie-dish. Melt in the saucepan the margarine or nut butter, add the onion, brown for five minutes, stir in the Bisto, pour in the milk, and stir until boiling. Sprinkle in the grated cheese and pour the mixture over the rice. Bake slowly for half-an-hour. Serve hot.

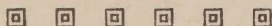
Splendid in Curries

CURRIED RICE

INGREDIENTS

4 ozs. *Rice (boiled)*
1 *Shallot (chopped)*
 $\frac{1}{2}$ oz. *Curry Powder*
1 *hard-boiled Egg*
1 oz. *Margarine or Nut Butter*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *tablespoonful Vinegar*
1 *pint Bisto Stock (page 47)*

METHOD—Place the shallot in a frying-pan with the margarine and fry it to a pale brown. Stir in the curry powder and Bisto, pour over the stock and stir until boiling. Add the rice, chop and add the egg, also add the vinegar. Cook for ten minutes and serve very hot.



NUT CUTLETS

INGREDIENTS

3 ozs. *Almonds (finely chopped)*
4 ozs. *cooked Butter-Beans*
1 *Egg (beaten)*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *gill Bisto Stock (page 47)*

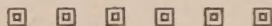
METHOD—Put the butter-beans through a coarse wire sieve, place them in a saucepan along with the almonds and Bisto Stock, and bring to the boil. Turn out on a dish to cool, then form into cutlets and sprinkle them with Bisto. Flatten each cutlet with a knife, dip them in the egg and roll them in the bread-crumbs. Fry for three minutes in hot fat. Serve hot or cold.

VEGETABLE ROLY-POLY

INGREDIENTS

4 ozs. *Mushrooms*
4 ozs. *Green Peas*
4 ozs. *Tomatoes*
12 ozs. *Flour*
4 ozs. *Suet (chopped)*
1 heaped tablespoonful *Bisto*
 $\frac{1}{2}$ teaspoonful *Baking Powder*
 $1\frac{1}{2}$ gills *Water*
Salt and Pepper

METHOD—Place the flour in a basin, add the suet and baking powder, moisten with water and stir into a dough. Roll it out about 1-in. thick, and sprinkle with the Bisto and a little salt and pepper. Peel, chop and add the mushrooms, slice and add the tomatoes and add the peas. Roll the dough up, place it in a pudding dish, cover with a sheet of greased paper. Bake slowly for one hour, or steam for one hour and a half.



TOMATOES AND RICE

INGREDIENTS

1 lb *Tomatoes*
4 ozs. *boiled Rice*
1 oz. *grated Cheese*
1 gill *Milk*
1 tablespoonful *Bisto*

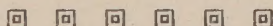
METHOD—Slice the tomatoes, and place alternate layers of tomatoes and rice in a pie-dish. Mix the Bisto with the milk, and pour over the tomatoes and rice. Sprinkle over the grated cheese. Bake in a moderate oven for half-an-hour.

TOMATO MACARONI

INGREDIENTS

1 *lb. Tomatoes*
4 *ozs. Macaroni*
3 *ozs. Margarine or Nut Butter*
1 *large Onion*
1 *oz. Bread-crumbs*
1 *tablespoonful Bisto*
1 *gill Milk*

METHOD—Boil the macaroni in water for twenty minutes, pour away every drop of water, and cut the macaroni into inch lengths. Peel, scald and chop the onion, mix it with macaroni, and sprinkle the Bisto over. Place these ingredients in a pie-dish, slice the tomatoes and add them. Add the milk, sprinkle with bread-crumbs, melt the margarine and pour it over. Bake in a moderate oven for one hour. Serve very hot.



TOMATO CREAM

INGREDIENTS

3 *Tomatoes*
1 *Shallot (chopped)*
1 *tablespoonful Vinegar*
 $\frac{1}{2}$ *oz. Leaf Gelatine*
1 *gill Cream*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *pint Bisto Stock (page 47)*

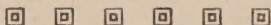
METHOD—Slice the tomatoes into a saucepan, chop and add the shallot, pour over the vinegar and Bisto Stock. Sprinkle in the Bisto and cook very slowly for half-an-hour. Place the gelatine in a basin, put over it a coarse wire sieve, pour through the contents of the saucepan, rubbing the tomatoes through with a wooden spoon. Return all to the saucepan and stir over a gentle fire until the gelatine has melted. Whip and add the cream. Pour the mixture into a mould and let it stand overnight before turning out.

MARROW CHEESE

INGREDIENTS

4 thick slices cooked Marrow
1 oz. *grated Cheese*
1 oz. *Bread-crumbs*
1 oz. *Margarine or Nut Butter*
1 *tablespoonful Bisto*
 $\frac{1}{2}$ *pint Bisto Stock (page 47)*

METHOD—Place the marrow in a greased dish. Melt in a saucepan the margarine, stir in the Bisto, mix well, add the cheese and Bisto Stock, and stir all until boiling. Pour this mixture over the marrow and sprinkle over the bread-crumbs. Bake in a moderate oven for half-an-hour.



CHEESE TOAST

INGREDIENTS

1 *small teacupful grated Cheese*
1 *tablespoonful Bisto*
1 *gill of Milk*
Few grains Cayenne

METHOD—Place the Bisto in a saucepan, mix it with the milk, and stir over a slow fire until boiling. Add the cheese and a pinch of cayenne. Just allow the cheese to melt, pour over buttered toast and serve very hot.

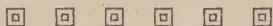
For all Savoury Dishes

CHEESE FRITTERS

INGREDIENTS

4 ozs. *grated Cheese*
1 *Egg*
4 ozs. *Flour*
1 *dessertspoonful Salad Oil*
1 *tablespoonful Bisto*
1 *gill Hot Water*
Pepper

METHOD—Place the flour in a basin, add the Bisto and mix well. Add a little pepper, pour in the salad oil and water, mix well, add the yolk of the egg, and sprinkle in the grated cheese. Whip the white of the egg to a stiff froth and mix it in lightly. Drop the mixture in tablespoonfuls into hot fat and fry for three minutes. Serve very hot.



SHRIMPS WITH GRATED CHEESE

INGREDIENTS

$\frac{1}{2}$ *pint of picked Shrimps*
 $\frac{1}{2}$ *oz. grated Cheese*
2 *tablespoonfuls Bread-crumbs*
 $\frac{1}{2}$ *Lemon*
1 *tablespoonful Bisto*
1 *gill Milk*

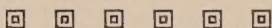
METHOD—Place the shrimps in a pie-dish, and sprinkle over the grated cheese. Squeeze over the lemon-juice and sprinkle with the bread-crumbs. Place the Bisto in a saucepan, moisten it with milk, and stir over a gentle fire until boiling. Pour this mixture over the other ingredients and bake for twenty minutes. Serve hot.

EGGS WITH TOMATOES

INGREDIENTS

4 Eggs
4 Tomatoes
4 slices Bread
1 oz. Butter or Margarine
1 tablespoonful Bisto
Pepper

METHOD—Butter the slices of bread, place them on a tin and sprinkle over half the Bisto and a little pepper. Cut the tomatoes in halves and place two halves on each slice of bread. Break one egg over each slice of bread, sprinkle with the remainder of the Bisto, and bake in a moderate oven for seven minutes. Serve very hot.



EGGS, ITALIAN

INGREDIENTS

4 hard-boiled Eggs
1 oz. Capers
1 oz. Margarine
4 ozs. Boiled Rice
 $\frac{1}{2}$ oz. Curry Powder
1 Onion
1 teaspoonful Vinegar
1 tablespoonful Bisto
 $\frac{1}{2}$ pint Water

METHOD—Peel, scald and chop the onion, add the curry powder and margarine, and brown in a frying-pan, add the Bisto and water, and stir until boiling. Cook slowly for ten minutes, stirring frequently. Add the vinegar and capers. Shell the eggs, cut them in halves and place them on a hot dish. Pour the contents of the frying-pan over. Serve hot with a border of boiled rice.

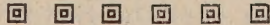
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BISTO GRAVY

INGREDIENTS

1 oz. *Bisto*
1½ pints *Water*
¼ teaspoonful *Pepper*

METHOD—Smooth down the Bisto with a little water (warm, not boiling), then add the rest of the water and pour into the roasting-tin from which the fat has been poured off ; stirring all the time, and boil for a second or two.



BISTO STOCK

INGREDIENTS

2 *tablespoonfuls Bisto*
1 *large Onion*
1 *large Carrot*
6 *Cloves*
2 *quarts Water*

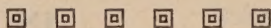
METHOD—Mix the Bisto with a little of the water and pour it into a saucepan. Boil the remainder of the water and pour it over. Bring all to boiling point. Scrape and add the carrot. Peel the onion, stick the cloves in it, and add it into the saucepan. Boil for two hours over a slow fire, strain, and the stock is ready for use.

BISTO SAUCE

INGREDIENTS

1 quart *Bisto Stock* (page 47)
4 ozs. *Bacon*
1 *Onion*
3 *Tomatoes* (medium size)
12 *Peppercorns*
4 ozs. *Mushrooms* (chopped)
2 ozs. *Margarine*
2 *Cloves*
1 *Bay-leaf*
1 bunch of *Herbs*
1 *Carrot*
1 *tablespoonful Bisto*

METHOD—Place the margarine in a frying-pan, brown the bacon in it, then take it out and place it in a stew-pan. Afterwards brown the onion and carrot, and place them in the stew-pan. Add the mushrooms, peppercorns, tomatoes, cloves, bay-leaf and herbs. Pour over the Bisto Stock and stir all until boiling. Cook for half-an-hour, strain, and keep in a wide-mouthed bottle.



FISH GRAVY

INGREDIENTS

1 *tablespoonful Tomato Ketchup*
1 *tablespoonful Worcester Sauce*
1 *dessertspoonful Bisto*
1 *gill Bisto Stock* (page 47)

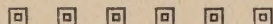
METHOD—Pour away the fat from the tin in which the fish has been cooked. Stir into the tin the Bisto mix well, add the Bisto Stock, Worcester sauce, and ketchup. Stir until boiling. Serve over the fish or in a sauce-boat.

YORKSHIRE SAUCE

INGREDIENTS

$\frac{1}{2}$ pint Bisto Sauce (page 48)
1 Orange Rind
1 tablespoonful Red Currant
1 wineglassful Port Wine [Jelly]
 $\frac{1}{2}$ oz. Flour

METHOD—Pour the Bisto Sauce into a saucepan, grate in the orange rind, and sprinkle in the flour. Stir until boiling, and add the port wine and jelly. Cook for ten minutes, and serve.



CURRY SAUCE

INGREDIENTS

3 teaspoonfuls Curry Powder
1 tablespoonful Tomato Chutney
1 pint Bisto Stock (page 47)
2 ozs. Margarine
1 small Onion (sliced)
1 teaspoonful Dried Herbs
1 Bay-leaf
1 blade of Mace
1 dessertspoonful Bis o

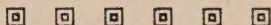
METHOD—Place the margarine in a frying-pan and fry the onion in it. Pour in the Bisto Stock and stir until boiling. Place in a saucepan the curry powder, Bisto, herbs, bay-leaf, chutney and mace, mix well together and pour in the contents of the frying-pan. Stir until boiling. Cook gently for half-an-hour, and strain through a pointed strainer.

BROWN MUSHROOM SAUCE

INGREDIENTS

4 ozs. *Mushrooms*
2 ozs. *Margarine*
 $\frac{1}{2}$ pint *Bisto Gravy* (page 47)
1 *tablespoonful Bisto*

METHOD—Peel and chop the mushrooms, and fry them with the margarine in a large frying-pan. Sprinkle in the flour, mix well and add the Bisto. Pour over the Bisto Gravy, and stir all until boiling. Cook slowly for twenty minutes, and serve.



BROWN CAPER SAUCE

INGREDIENTS

2 *tablespoonfuls Capers*
 $\frac{1}{2}$ pint *Bisto Sauce* (page 48)
1 *dessertspoonful Bisto*

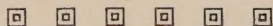
METHOD—Mix the Bisto with a very small quantity of vinegar, add the Bisto Sauce, and turn into a saucepan. Stir over a slow fire until boiling, add the capers, and cook for five minutes. Serve very hot.

SCOTCH PUDDING

INGREDIENTS

$\frac{1}{4}$ lb. *Flour*
 $\frac{1}{4}$ lb. *Currants*
 $\frac{1}{4}$ lb. *Raisins*
 $\frac{1}{4}$ lb. *Sugar*
 $\frac{1}{4}$ lb. *Ground Rice*
 $\frac{1}{4}$ lb. *Suet*
1 *teaspoonful Bisto*
1 *teaspoonful Carbonate of Soda*

METHOD—Mix the carbonate of soda in a breakfast cup of boiling milk ; pour over the other ingredients and mix thoroughly. Boil or steam for three hours.



CHOCOLATE PUDDING

INGREDIENTS

2 ozs. *Chocolate*
3 ozs. *Bread-crumbs*
1 oz. *Sugar*
1 *Egg*
 $1\frac{1}{2}$ ozs. *Butter*
1 *teaspoonful Bisto*
1 *gill Milk*
1 *teaspoonful Vanilla Essence*

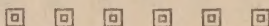
METHOD—Shred the chocolate and dissolve it in the milk, add the Bisto. Cream the butter and sugar together, add the yolk of the egg ; add the bread-crumbs and chocolate alternately. Stir in lightly the white of the egg, beaten to a stiff froth ; add the vanilla essence, turn into a well-greased mould, and steam for one-and-a-half hours. Serve with custard sauce.

TREACLE SPONGE PUDDING

INGREDIENTS

$\frac{1}{2}$ lb. Flour
 $\frac{1}{4}$ lb. Suet
 $\frac{1}{4}$ lb. Sugar
1 teaspoonful Spice
1 tablespoonful Treacle
1 teaspoonful Carbonate of Soda
1 teaspoonful Bisto

METHOD—Put all the ingredients into a basin. Mix the carbonate of soda with a teaspoonful of milk, add it, and mix with the rest of the milk. Steam for one-and-a-half hours.



SCOTCH GINGERBREAD

INGREDIENTS

1 lb. Flour
 $\frac{1}{4}$ lb. Lard
 $\frac{1}{4}$ lb. Sugar
1 Egg
1 teaspoonful Ground Ginger
1 teacupful Treacle
1 teaspoonful Bisto
1 teaspoonful Carbonate of Soda

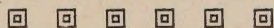
METHOD—Melt the treacle and lard in a pan. Pour it over all the other ingredients and mix with the egg. If not sufficiently moist use a little warm milk. Bake in a moderate oven for three-quarters of an hour.

COFFEE CAKE

INGREDIENTS

2 *teaspoonfuls Coffee Essence*
2 *ozs. Flour*
4 *Eggs*
6 *ozs. Castor Sugar*
 $\frac{1}{2}$ *teaspoonful Bisto*

METHOD—Place the eggs in a mixing bowl, add the castor sugar, Bisto, and coffee essence. Place the bowl over a pan of boiling water and whisk the ingredients for twenty minutes. Stir in the flour lightly, pour into a greased tin, and bake slowly for twenty minutes. Do not turn out until cold.



SEMOLINA CAKES

INGREDIENTS

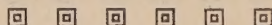
6 *ozs. Semolina*
1 *Egg (beaten)*
4 *tablespoonfuls Bread-crumbs*
1 *tablespoonful Bisto*
1 *pint Milk*

METHOD—Place the semolina in a basin, sprinkle in the Bisto and moisten it by degrees with the milk. Stir well, pour the mixture into a saucepan, and allow it to boil, continuing to stir. Boil for half-an-hour. Turn the mixture back into the basin and let it get quite cold. Place it on a floured board, roll out an inch thick, cut it in rounds, roll them in the beaten egg, and then in the bread-crumbs. Fry in hot fat for three minutes.

FORCE-MEAT**INGREDIENTS**

4ozs. *Bread-crumbs*
1 *tablespoonful Bisto*
1 oz. *Margarine*
1 *tablespoonful chopped Parsley*
1 *Lemon Rind*
Pepper

METHOD—Place the bread-crumbs in a basin, rub in the margarine, and add a little pepper. Sprinkle in the Bisto and chopped parsley, grate in the lemon rind. Moisten with the smallest quantity of milk just to bind it.

**BATTER for Meat,
Fish, or Fritters****INGREDIENTS**

1 *tablespoonful Bisto*
4 ozs. *Flour*
 $\frac{1}{2}$ oz. *Margarine*
1 *Egg*
1 *gill tepid Water*

METHOD—Place the flour in a basin, melt and pour into the centre the margarine. Mix the Bisto and water, and add them. Add the yolk of the egg, whip the white to a stiff froth and stir it in lightly. This batter will be found excellent for fish, meat, or fritters.

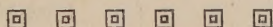
Worth Remembering

GLAZE

INGREDIENTS

2 heaped tablespoonfuls *Bisto*
1 oz. *Gelatine*
 $1\frac{1}{2}$ gills *Water*

METHOD—Place the *Bisto* in a basin, add the gelatine, pour over the water, and stir well together. Let this soak for one hour. Place the basin over a pan of boiling water and stir the contents until the gelatine has melted. Warm up when wanted.



Bisto is sold by all grocers and stores in sealed cartons and tins at the following prices :—



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